

Dear Friends of the Dog Aging Project,

It has been some time since our last newsletter, and we have lots of exciting news to report. As you may have seen, the Dog Aging Project was recently featured in [Popular Science](#), the [Sacramento Bee](#), and [PetMD.com](#). Daniel Promislow and I also gave a radio interview for a local radio station, KIRO 97.3 FM, that you can listen to [here](#). These kinds of articles are important for generating interest and enthusiasm in our project, and we encourage you to share them with your friends and on social media like Facebook and Twitter. If you haven't done so, we also encourage you to visit and "Like" the Dog Aging Project [Facebook page](#).

I know many of you are wondering where the research stands, so I will start with a summary of our rapamycin intervention trial. We are nearing completion of the first phase of the study, with more than 40 dogs having participated in the trial. A huge "thank you" goes out to our citizen scientist owners and all of the dogs who took part!

As you may recall, phase I consists of a 10 week treatment period to determine appropriate dosing of rapamycin for the longer-term phase II trial. In addition to tracking changes in blood chemistry and carefully monitoring for any side effects, each dog received an echocardiogram – an ultrasound for the heart - before and after the treatment. The echocardiogram is used to determine whether this short-term treatment with rapamycin can induce similar improvements in heart function in aged dogs as has been previously seen in published studies of aged mice. Now that we have completed our enrollment, we are in the process of analyzing all of the data, and we will hopefully be able to publish and publically present the results soon. Although I can't give you detailed results at this point, I can tell you that phase I has definitely been a success. We have been very pleased at the absence of significant side effects, and the trends for the cardiac function look quite encouraging.

We are now currently planning for the longer-term rapamycin trial, and we have opened enrollment for this trial as well as the longitudinal study of aging on the Dog Aging Project website. If you are interested in participating in either study, please enroll your dog by completing the web form for the [Phase 2 Rapamycin Trial](#) or the [Longitudinal Study of Aging](#). If you have already enrolled your dog – thank you! You should also be receiving an email in the next day or two confirming that we received your information. If you do not receive this email and you previously enrolled your dog for consideration, please contact us and we will confirm that your information is in our database. For those of you who had previously enrolled your dog for consideration in the Phase 1 Rapamycin Trial, we will automatically move your information into the database for Phase 2. If you no longer wish to be considered for Phase 2, please let us know.

I know that many of you have been waiting patiently in the hopes that we will be able to begin our larger-scale national studies soon. Unfortunately, I can't give you a

definitive timeline for when these studies will be starting. Be assured that everyone at the Dog Aging Project is devoting a large amount of time and effort to raising funds that will allow us to move forward, and I am hopeful that the positive results from phase I will help in this regard. Although federal research funds are high on our priority list, given NIH funding cycles, it will likely be mid-2017 before such funds would be available for these studies. For this reason, we are also continuing to seek philanthropic, foundation, and corporate support. If you would like to [make a tax-deductible donation](#) to our project through the University of Washington Foundation, we would greatly appreciate your support. 100% of the donations go to the Dog Aging Project.

In the meantime, we will continue to do as much as we can with the resources we have. The most likely next step will be to begin enrolling dogs into the longitudinal study of aging. Initially, this will involve asking owners to complete a detailed survey and provide us with veterinary records and, possibly, a small blood sample for genetic testing. If you have signed up for this study, you can expect to receive such a request in the next 6 months or so. Once the longitudinal study is fully funded, a subset of these dogs will be asked to participate in a more comprehensive analysis of health parameters throughout their lives.

Thank you once again for your continued support for the Dog Aging Project. We have already made important progress, and I'm certain that together we will achieve our goal of increasing healthy longevity for our beloved pets.

Sincerely,

Matt Kaeberlein  
Director, Dog Aging Project